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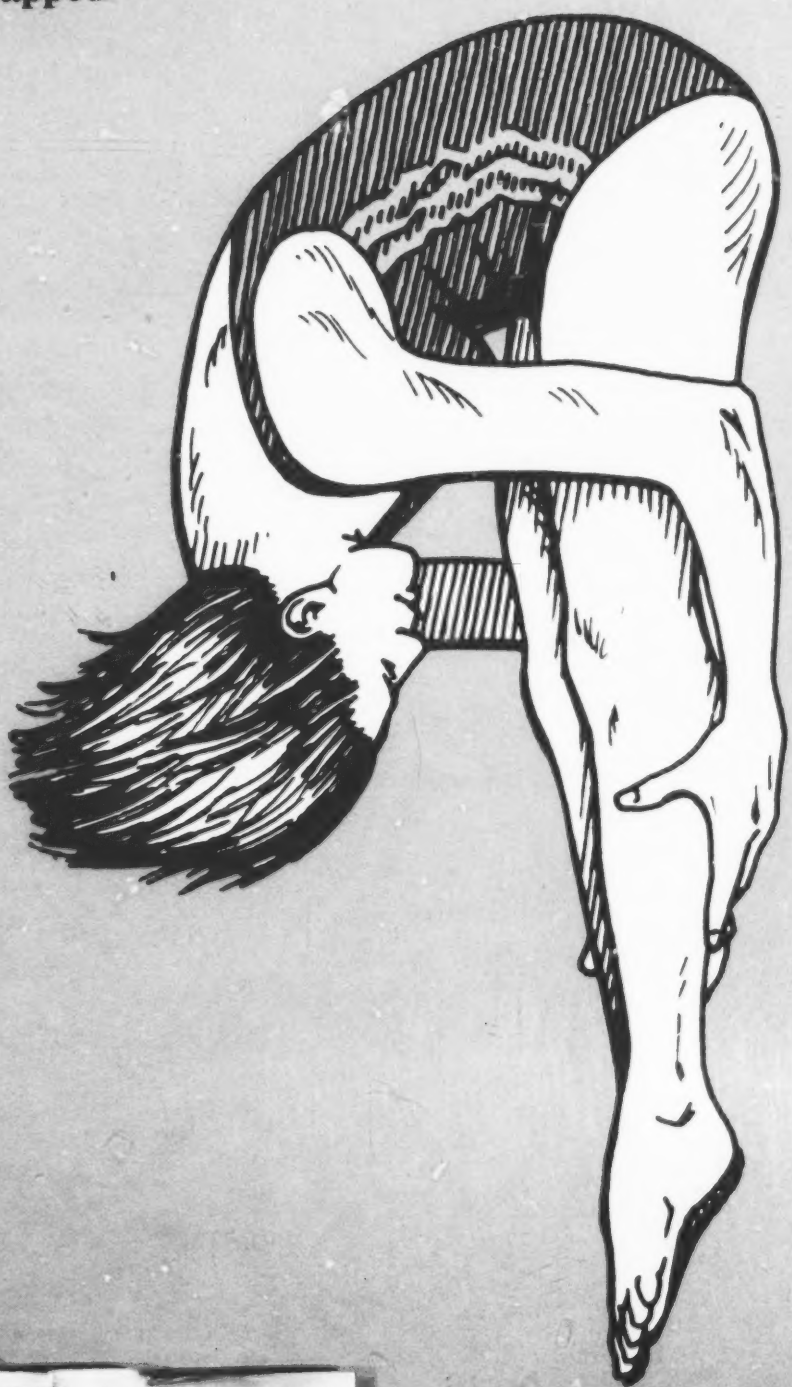
SWIMMING

An Introduction to Swimming, Diving, and SCUBA Diving for Blind and Physically Handicapped Individuals



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Swimming	**1989**

Inspired by and dedicated to
Professor Antun Lastric,
Union of the Blind of Croatia,
who devoted his professional
efforts to encouraging
participation in leisure
pursuits by blind and
physically handicapped
individuals.

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Introduction

It requires no leap of imagination to picture Homo habilis, our earliest human ancestor, enjoying aquatic interludes during hunting forays at Olduvai Gorge in East Africa. Through the centuries I am sure men and women, boys and girls cavorted in streams, rivers, lakes, and oceans—enjoying the feeling of free flotation and benefiting from the cleansing waters.

An Egyptian hieroglyph exists for swimming, thus dating the feat back to 2500 B.C. Pictographs and sculptures establish that swimming has existed for 2,000 years.

The Japanese emperor Suigiu held organized swimming competition in 36 B.C. Today more than 250,000 youngsters compete in organized swim meets in the United States.

Enjoyment of the water is not limited to any age, sex, or level of ability. Blind swimmers can dip, paddle, and race with the same enthusiasm and skill as their sighted associates. The Olympic Games are within reach as are a few minutes of pleasure.

So, to all of you I simply say, "Come on in, the water's fine."

Frank Kurt Cylke
Editor

Washington, D.C.
June 1989

Swimmer Wins Seventy Gold Medals

Known as "The Golden Girl," twenty-four-year-old, legally blind Trischa Leanna Zorn has won a total of seventy gold medals in national swimming competitions and thirty-four medals internationally.

In 1988 she won twelve gold medals during the Olympic Games for the Disabled in Seoul, South Korea, and set nine world records in the twelve swimming events for the visually impaired. Because she was only 3.5 seconds behind the U.S. Gold Medal winner (for the sighted), Zorn is currently in intense training for the 1992 Olympics in Barcelona, Spain.

Although Zorn has been blind since birth with a condition called aranidia, she does not view herself as handicapped nor has she won competitions on that basis. Since the age of seven, Zorn has competed with sighted swimmers in fourteen events a year plus one annual competition for the blind.

A native Californian, Zorn attended school at Mission Viejo where she began her swimming career and was chosen All-American while in high school. She is a graduate of the University of Nebraska, attending with a full athletic scholarship and again named All-American during her years there.

Following graduation she moved to Indianapolis in 1987 to train with coach Jay Anderson at the Riviera Swim Club and to do her student teaching at Indianapolis Public School 11 and Nora Elementary School.

Zorn is blond, 5'8, 135 lbs. Her parents were divorced when she was quite young, and she and her sister Lisa, age twenty-six, were raised by their mother, Donna Zorn, a computer programmer in Laguna Hills, California.

In recognition for her accomplishments and determination, Hoosiers voted Zorn the 1988 Indianapolis Woman of the Year. Currently, in addition to Olympic training, Zorn is in the master's degree program in school administration at Indiana University-Purdue University—Indianapolis.

John Nebraska

Out of My Depths

by Paul West

"Water itself had a couple of faces for me: the pastel blue litoral of a Bahama, and the bottomless dams of my boyhood. To meet it squarely, as I kept trying to do, meant responding to it not just lyrically, which was no chore, but subduing it through some act of will. Surely, after trying everything, I might even learn to swim by numbers, blindly obeying what the textbook said. That was how you learned to wield a bayonet, say, or cut a dovetail joint in carpentry. Yet will had failed, and intelligence hadn't even been brought into play. I couldn't force myself to swim, and I couldn't come to terms with a universe that left me out."

Several years ago noted author Paul West took a good look at himself and saw a man who loved the water but couldn't swim. Angry and indignant, and no longer willing to accept this failing, he vowed to become at home in the water, hoping, at the same time, to become somewhat more at home in the universe as well. On both counts, to his great surprise, he succeeded brilliantly.

An excerpt from West's book, *Out of My Depths*, follows.

Reprinted with permission from *Out of My Depths: A Swimmer in the Universe* by Paul West. © 1983 by DOUBLEDAY, a division of Bantam, Doubleday, Dell Publishing Group. All rights reserved.

How slowly I have learned, not so much to swim, as how to break the habit of assuming a stance and saying there it is, that part of me will never change. It always does. I vow to become no better at swimming, then I improve my breaststroke in a tiny way, using my legs a bit better. I tell myself, with ample reason, that with me swimming has become a kind of cosmic soaring in which I leave behind n.e things like migraine, gargoyles, nightmares, mishaps, the incessant midnight lamp of the scholarship boy; yet, at times, that isn't true, and I swim because I truly dote on it, and I do so with mind closed, my senses given over wholly to the suck and scurry, the sheer hydraulics. No one else I know swims in the pouring rain, naked save for a hat and a cigar. No one else takes into the water that hand-sized model of the *Widgeon* seaplane, lodges it between the big toe and its neighbor, and lets the plane come cruising up toward him like a test specimen in a wind tunnel full of water. I marvel at the curve of its rise, its final vault to the surface, where it rocks tail down. Who else goes into the water to drink coffee or to read? Or, with a gale howling down from Canada and the first flecks of snow falling, paddles around in a cloud of floodlit steam and chuckles at the bouncing mirage atop the heater's chimney. A lump of childhood has come back, from when I was too scared or too studious to have it, and my local sense of the universe has made of me a permanent water baby.

It is no accident that my "model" of the Milky Way, four feet by one, hanging on its nail in the hallway, shows the Galaxy in white against the bluest blue, with painted thumbtacks for all the different colors of many stars. Here and there, the supermarket paper bag on which I painted it shows through, a mundane touch amid the marvelous. There are many worlds in one, and I am many-minded about them, with a deep sense of having gone through rites of passage—maybe in the wrong order to a lesser destination; but the trip has been worth the fare. I prefer galaxies to planets, I suppose, *if* I have to choose, but I don't know what the swimming equivalent of the preference is. Perhaps I prefer water to swimming in it. Bits of me have yet to grow, like the lily and iris bulbs that Diane embeds in the post-rain earth, like little bon-bombs of bud to feed the eye next spring. Perhaps I prefer fluidity to water itself, flux to dams, and, over and above them all, the thing that contains them all: the sublime *oikos*, the housing of everything, a glimpse of which I sometimes get, from books on galaxies, from hearing friends talk science. A four-hundred-pound gorilla at Stanford University tries to scare people with a small model crocodile! Left-handed methionine has a taste, but its right-handed version doesn't. There is no discernible mathematical reason for the "wobbles" or "degeneracies" in the genetic code, which works so well. I like such stuff. I make my dreams come true in it. I ride that flood.

We live in Porlock, where the universe keeps interrupting us, never mind how useful the thing we're doing. I think I'll write an irritable primer about God, I who in childhood soaked up everything. I go out to examine the water, its level, its heat, its pH factor, but I'm wondering about the etymology of *fastidious* and the origin of the phrase *cut the mustard* and why we pick up not only the receiver but the cradle of the phone too and walk about with it as if we have the lid in one hand and the chalice in the other. The etymology is dubious, but not so much as the dubiology is etymous. My untied shoelaces flap against my ankles. The touch is that of dragonfly wings. We sing "Shenandoah" in the water, agree that you should kill ground insects only with a naked foot. There is nothing that is not interesting. The universe puts up with us, gives us both costly and free samples, and makes the knowable unique. You do not have to travel to find it, but the knowledge of it costs you your life, and then your life becomes part of the knowable that others will have to give their lives to know. All it doesn't do, unlike some London buses, is give you the one reminder: Mind your head when leaving.

Books about Swimming

Adult Nonfiction

Cassettes

The Fifty-Meter Jungle: How Olympic Gold Medal Swimmers Are Made RC 8601

by Sherman Chavoor
preface by Mark Spitz
The man who coached Mark Spitz to Olympic stardom tells the inside story of competitive swimming.

Teaching an Infant to Swim RC 22253

by Virginia Hunt Newman
Gentle, natural way of teaching water safety to infants beginning at age eight months. If simple, proven methods are used, the author believes that helping children gain confidence in the water can be delightful for both parent and child.

Other Shores RC 13409

by Diana Nyad
An account of the remarkable athletic achievements and indefatigable spirit of the young woman whose goal was to become the best swimmer in the world. Describes the motivations that obsess a marathon swimmer, the monotonous discipline of training, and the grueling punishment of any competitive swim.

Inside Swimming RC 12411

by Don Schollander with Joel H. Cohen
Basic step-by-step guide to competitive swimming techniques by an Olympic medalist. Includes descriptions of strokes and tips on water safety, training, and strategy.

Water Sports for the Disabled RC 21153

by Water Sports Division, British Sports Association for the Disabled
Addresses the possibilities for physically or mentally handicapped individuals to participate in fishing, canoeing, rowing, sailing, skin diving, swimming, and other related activities. Includes modifications and devices that can be bought or made to make these sports accessible to the disabled.

Braille

Life Saving and Water Safety BRA 9237

by American Red Cross
Handbook for swimmers on life-saving techniques and safety.

Swimming and Diving BR 645

by David A. Armbruster and others
A manual of techniques for beginning and advanced swimmers, as well as instructors concerned with developing a program of water sports. Described are the side, back, crawl, and breast strokes from elementary beginnings to a racing finish. Diving is also detailed.

Mask and Flippers: The Story of Skin Diving BRA 10165

as told to Bill Barada

TV's "Sea Hunt" star presents information on equipment and technique and anecdotes on sea creatures, rescue operations, and treasure hunts.

The Diver's World: An Introduction BRA 14838

An introduction to skin diving and underwater exploration.

The Fifty-Meter Jungle: How Olympic Gold Medal Swimmers Are Made BRA 15500

by Sherman Chavoor
preface by Mark Spitz

The man who coached Mark Spitz to Olympic stardom tells the inside story of competitive swimming.

The Silent World BRA 6875

by Jacques Yves Cousteau
with Frederic Dumas

The author records how he and two friends invented the aqualung and experimented with SCUBA diving. He recounts the dangers and satisfaction of undersea exploration and includes many descriptions of marine life.

Treasure-Diving Holidays BRJ 1817

by Jane and George Crile

Teaching an Infant to Swim BRA 12906

by Virginia Hunt Newman

Gentle, natural way of teaching water safety to infants beginning at age eight months. If simple, proven methods are used, the author believes that helping children gain confidence in the water can be delightful for both parent and child.

Swimming for the Blind BR 299, BRA 14434

by Gloria R. Seamons

This manual, based on the author's experience as a teacher, deals mainly with the instruction of children. In addition to developing physical fitness, swimming can foster the social development of blind persons and be a source of lifelong pleasure.

Swim, Swim: A Complete Handbook for Fitness Swimmers BR 6599

by Katherine Vaz with the editors of *Swim, Swim* magazine

Describes the benefits and pleasures of the sport; debunks many of the myths about swimming; explains stroke techniques for freestyle, butterfly, backstroke, and breaststroke; and provides advice and basic strategy for competitive swimming.

Wind, Waves, and Sunburn BRA 15046

by Conrad A. Wennerberg

Recounts the indomitable physical, mental, and competitive spirit of long-distance swimmers as well as the swimming ability of animals.

Books about Swimming

Adult Fiction

Cassettes

Lane Four RC 17059
by Suzanne Greenya
Marty has been a swimming star since she was ten. She always finishes first—in the water. Lately, though, she has asked herself if winning at swimming is worth losing the boy she cares about. For junior and senior high readers.

Braille

The Girl of the Sea of Cortez BR 5197
by Peter Benchley
Lyrical adventure set in a fishing village on an island in the Gulf of California. A sixteen-year-old fisherman's daughter, fascinated by the sea and its creatures, discovers an uncharted submerged volcanic peak, and the magic of a myth come true.

Lane Four BR 4827
by Suzanne Greenya
Marty has been a swimming star since she was ten. She always finishes first—in the water. Lately, though, she has asked herself if winning at swimming is worth losing the boy she cares about. For junior and senior high readers.

Children's Nonfiction

Cassettes

Night Dive RC 23550
by Ann McGovern
A twelve-year-old girl overcomes her fear of the dark and joins her mother on a nighttime SCUBA dive in the waters of the Caribbean. She finds that a coral reef at night is a strange and magical place. For grades 4-8.

Braille

They Dared the Deep: A History of Diving BR 962
by Robert F. Marx
A history of underwater diving and the men responsible for its development. For grades 5-8.

Children's Fiction

Discs

Last One In Is a Rotten Egg TB 3224
by Leonard P. Kessler
Freddy develops a terrible fear of water after two bullies push him in and the lifeguard has to save him. The summer heat and the encouragement of his friends persuade Freddy to learn to swim. For grades K-3.

Hooray for Pig! RD 8224

by Carla Stevens

Swimming is the most important thing in the world to Pig, who doesn't know how to swim and fears he may never learn. For grades K-3.

Cassettes

Dark and Full of Secrets RC 23103

by Carol Carrick

Christopher goes snorkeling alone in the pond to see some underwater sights, but he becomes so absorbed in his marvelous discoveries that he drifts away from shore. A realistic nature adventure for grades K-3.

The Mystery of the Flooded Mine RC 12494

by Willard Manus

Hearing rumors of a twentieth-century gold rush, a skin diver battles underwater danger and even more dangerous men to find gold in the California mountains. For grades 6-9.

Braille

Wipeout BR 1266

by Pete Pomeroy

Tom Farrell, a diffident loner, is forced into a position of leadership when the town council threatens to close the local beach to surfers because of the irresponsible acts of some rowdy out-of-town hoods. For grades 6-9.

Other Print Materials

Books

Allen, Anne. Sports for the Handicapped. New York, Walker, 1981

Includes a ten-page chapter on swimming that should serve as an incentive to blind and handicapped swimmers. Trischa Zorn, who is legally blind, swam with Mission Viejo Nadores Club in the early 1980s and was competitive in open meets.

Cordellos, Harry C. Aquatic Recreation for the Blind. Washington, DC, Physical Education and Recreation for the Handicapped, Information and Research Utilization Center, 1976

A 126-page monograph designed to point up aquatic activities possible for blind and visually handicapped individuals.

Reynolds, Grace Demmery. A Swimming Program for the Handicapped. New York, Association Press, 1973

Sponsors and teachers will find this guide useful in identifying programs, recruiting and training personnel, and developing teaching techniques.

Print Magazines

Swimming World and Junior Swimmer (monthly)
116 W. Hazel Street
Inglewood, CA 90302
1-800-538-9787

The national magazine for competitive aquatics. For competitive age-group, high-school, and college swimmers, parents, and coaches.

Swim Magazine (bimonthly)
116 W. Hazel Street
Inglewood, CA 90302
1-800-538-9787

Adult swimmers are given advice on fitness, training, stroke techniques, and related matters.

Swimming Technique (bimonthly)
116 W. Hazel Street
Inglewood, CA 90302
1-800-538-9787

International publication about research in aquatic sports. Practical applications of physiological and biomedical studies, new stroke developments, latest in equipment, and innovative training programs.

Journal Article

Candela, Anthony R. SCUBA Diving for Blind and Visually Impaired People. *Journal of Visual Impairment and Blindness*, May 1982

The author, a trained SCUBA (self-contained underwater breathing apparatus) diver who is severely visually impaired, provides an orientation to SCUBA diving as a leisure and career activity. A detailed description of the factors involved in underwater activity at depth is offered, and the multifaceted underwater experience as well as the requisite skills and adaptations necessary for blind and visually impaired divers to function adequately with SCUBA are discussed.

Classes and Programs

The following national organizations offer swimming classes and programs for handicapped individuals.

American Camping Association
Bradford Woods
Martinsville, IN 46151
(317) 342-8456

American Red Cross
18th and E Streets, N.W.
Washington, DC 20006
(202) 737-8300

Boy Scouts of America
1325 Walnut Hill Lane
Irving, TX 75038
(214) 580-2000

Courage Center
3915 Golden Valley Road
Golden Valley, MN 55422
(612) 588-0811

Provides adaptive physical education and recreational programs to persons of all ages who are physically disabled. Sponsors wheelchair athletic teams that compete on local, regional, and national levels in archery, basketball, bowling, football, skiing, softball, swimming, table tennis, track and field, and weightlifting.

Girl Scouts of America
830 Third Avenue
New York, NY 10022
(212) 940-7500

National Spa and Pool Institute
2111 Eisenhower Avenue
Alexandria, VA 22314
(703) 838-0083

YMCA of the USA
101 North Wacker Drive
Chicago, IL 60606
(312) 977-0031

YWCA of the USA
National Board
726 Broadway
New York, NY 10003
(212) 614-2700

Associations

Handicapped SCUBA Association
Jim Gatacre
116 West El Portal, Suite 104
San Clemente, CA 92672
(714) 498-6128

Physically Challenged Swimmers of America
Joan Karpuk
222 William Street #225
Glastonbury, CT 06033

United States Association for Blind Athletes (USABA)

Dr. Roger Neppl, Executive Director
Brown Hall, Suite 105
33 North Institute Street
Colorado Springs, CO 80903
(719) 630-0422

A national organization with state affiliated chapters that develops sports programs for legally blind and visually impaired persons in the United States. Sponsors regular regional and national competitions and international championships in official sporting events for amateur visually impaired athletes. National championship events include cross-country skiing, gymnastics, swimming, track and field, and wrestling. Regional and state events include those listed above as well as rowing, alpine skiing, sailing, and tandem cycling. USABA trains athletes to compete in the above sports and provides instructional manuals to schools, colleges, rehabilitation centers, and other agencies that sponsor amateur sports programs for the physically handicapped.

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- ☐ RD 8224

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- ☐ RC 12494
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